

Mindfulness Word Search

Puzzle 165

U	R	L	B	E	R	N	F	M	H	E	A	L	T	H	M
U	M	G	R	A	C	E	F	U	L	X	B	Z	V	K	F
K	T	H	Y	C	T	F	E	A	S	E	S	Z	R	Q	J
S	E	N	S	I	T	I	V	I	T	Y	A	Z	E	V	L
T	F	D	B	C	Z	C	Z	C	U	W	T	M	M	S	V
I	I	S	C	A	N	S	L	K	A	D	X	G	Q	P	R
N	Z	T	N	Z	L	Z	H	A	I	L	S	Y	S	N	E
S	D	I	P	S	K	A	O	M	R	D	M	S	O	L	S
I	V	L	L	E	X	Z	N	E	M	I	E	I	I	Q	T
G	I	L	W	C	D	M	V	C	P	N	T	U	R	F	V
H	G	N	O	U	N	C	Z	V	E	P	Q	Y	P	W	K
T	I	E	X	R	N	U	T	L	E	N	O	T	M	W	G
F	L	S	G	I	N	Q	O	C	A	C	T	B	S	D	R
U	A	S	E	T	J	H	R	R	U	C	S	Z	E	G	E
L	N	C	N	Y	W	E	T	Z	B	V	Y	H	J	N	V
O	T	W	Y	J	P	E	F	F	O	R	T	L	E	S	S

**BALANCE
CLARITY
EFFORTLESS
HEALTH
PERCEPTION
SECURITY
STILLNESS
VIGILANT**

**CALM
EASE
GRACEFUL
INSIGHTFUL
REST
SENSITIVITY
TRANQUIL
WHOLENESS**

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Puzzle-Solution 165

U	R	L	B	E	R	N	F	M	H	E	A	L	T	H	M
U	M	G	R	A	C	E	F	U	L	X	B	Z	V	K	F
K	T	H	Y	C	T	F	E	A	S	E	S	Z	R	Q	J
S	E	N	S	I	T	I	V	I	T	Y	A	Z	E	V	L
T	F	D	B	C	Z	C	Z	C	U	W	T	M	M	S	V
I	I	S	C	A	N	S	L	K	A	D	X	G	Q	P	R
N	Z	T	N	Z	L	Z	H	A	I	L	S	Y	S	N	E
S	D	I	P	S	K	A	O	M	R	D	M	S	O	L	S
I	V	L	L	E	X	Z	N	E	M	I	E	I	I	Q	T
G	I	L	W	C	D	M	V	C	P	N	T	U	R	F	V
H	G	N	O	U	N	C	Z	V	E	P	Q	Y	P	W	K
T	I	E	X	R	N	U	T	L	E	N	O	T	M	W	G
F	L	S	G	I	N	Q	O	C	A	C	T	B	S	D	R
U	A	S	E	T	J	H	R	R	U	C	S	Z	E	G	E
L	N	C	N	Y	W	E	T	Z	B	V	Y	H	J	N	V
O	T	W	Y	J	P	E	F	F	O	R	T	L	E	S	S

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